

NOV 22 1923

CALIFORNIA STATE BOARD OF HEALTH

Weekly

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Entered as second-class matter February 21, 1922, at the post office at Sacramento, California, under the Act of August 24, 1912.

Acceptance for mailing at special rate of postage provided for in Section 1103, Act of October 3, 1917.

Vol. II, No. 40

NOVEMBER 17, 1923

GUY P. JONES
EDITOR

Prevent Tuberculosis During Childhood.

In an article upon tuberculosis control, recently published in the *Sacramento Bee*, Dr. Fred F. Gundrum, vice president of the California State Board of Health, lays stress upon the part played by communicable diseases of childhood in lowering vitality and paving the way for the easy following of tuberculosis. The article reads in part:

"Those things which lower vitality are many, and include fatigue, underfeeding, sickness, and especially in the young, the so-called 'contagious diseases of childhood,' measles, whooping cough, scarlet fever, pneumonia, influenza, diphtheria and others.

We have all heard mothers say, 'I'd be glad if the children would get the measles so as to be over it,' and on account of this feeling insufficient precautions are often taken to prevent the spread of common childhood diseases.

Bacilli Get New Start.

This state of mind is a great and tragic error, for children's diseases, measles and whooping cough in particular, put a very great strain upon the defensive machinery of the body, leaving it partially exhausted and giving the walled-in, but still living, tubercle bacilli a chance to get a new start, more especially if the child has not had sufficient rest during and after the acute disease. How often do we hear, 'Little Johnny was always strong and fat until he had the measles. Since then he has been

thin, irritable and has had a good deal of stomach trouble.'

Care of Contagious Diseases.

Children with any sort of infection, and this includes common 'colds,' if they have fever, should be put to bed promptly, first, for their own protection since it helps them to get better, and, second, for the protection of their schoolmates, for it keeps them from catching the malady.

Following the recovery from any contagious disease, the children should be kept in bed for long rest periods during the day until they have regained the weight with which they went to bed and until they show no evidence of undue afternoon fatigue.

Forced Attendance Wrong.

There is all too much of a tendency to keep children in school as many days as they are able to be up, a habit stimulated possibly by both mothers and school authorities, the former who fear the youngster will fall behind his class, and the latter who are more or less the victims of our imperfect school law which doles out state support to public schools upon attendance records.

The correct and, happily, the most successful time to prevent the thousands of breakdowns due to tuberculosis, among young adults who are just beginning creative life, is in childhood. For at this time they can be protected in large measure from those things which produce physical strain, notably by prolonging the convalescence from contagious diseases at a time in their lives when a few days are of insignificant economic importance."

Still Another Human Death from Rabies.

Another human being in California has died of rabies. In reporting the last preceding human death from this disease, in the Weekly Bulletin for October 13, 1923, it was stated that it is a distinct reflection upon the citizens of those communities where deaths from rabies have occurred. Too great condemnation can not be placed upon the *laissez faire* policy pursued by such communities as concerned with rabies.

Every death from rabies is preventable and there is no excuse for a dozen Californians, during the course of ten months, having to sacrifice their lives to the failure of their respective communities to control dogs. But that is just exactly what has happened and is happening in this state at the present time. The facts are known, the methods of control are proven and established, but in spite of these, failure to use this available machinery has resulted in these absolutely preventable deaths.

Control of the dog population, preferably by vaccination against rabies together with the destruction of all unvaccinated dogs, will absolutely eliminate this truly terrible disease, not only among men but also among animals. Unless local action is taken at once the disease is likely to become even more prevalent during the coming winter months and it is more prevalent now than it has been at any time before in the history of the state.

It has been definitely established that municipalities are liable for damages resulting from typhoid fever due to a contaminated public water supply. Is it not possible that the time may soon come when similar liability may be incurred through failure to check the spread of a disease as readily preventable as is rabies?



Rest of body and mind, education in regard to what is safe and what is dangerous, good food and fresh air, are the medicines that restore health. Intelligent medical supervision, freedom from care and worry, confidence in recovery, conscientiousness in carrying out every detail given by the physician, work miracles, as thousands can testify who have fallen ill of tuberculosis, but who have fought the good fight and won out.—Dr. Lawrason Bronw, Saranac Lake, N. Y.



The great work of sanitary reform has been, perhaps, the noblest legislative achievement of our age, and, if measured by the suffering it has diminished, has probably done far more for the real happiness of mankind than all the money questions that make and unmake ministries.—Lecky.

Four Typhus Cases Reported Last Week.

Four new cases of typhus fever were reported in California last week. This fact emphasizes again the importance of continuing and augmenting work already established in the control of this disease within California as well as instituting new machinery for such work in certain communities where none exists at the present time. In his paper upon typhus fever, read at the state conference of health officers in Coronado, September 12 of this year, Dr. Charles H. Halliday, Epidemiologist of the California State Board of Health, said of the incidence of this disease within the state:

"The disease is probably far more prevalent than reports indicate. That more cases are not reported is undoubtedly due to the disease occurring chiefly among the poor, and only the persons suffering from severe or moderately severe cases call a physician or seek medical aid at an institution.

When we realize that typhus fever is endemic in California, not in one locality but in several, that emigrants who may have the disease or harbor infected lice are constantly arriving from infected zones, there is a menace from the possibilities of this disease which should not be minimized. It is only a limited few who adopt the better standards of living prevailing in this country; the majority continue to live in overcrowded districts, amid poverty and squalor, traveling from place to place as the spirit prompts or employment induces. If they continue to roam, unchecked and uncontrolled, this menace will tend to increase rather than lessen."

Mexico, where the disease has been endemic for many years, undoubtedly provides the source for most cases that occur in California. In 1915 there were 11,000 cases of typhus reported in the city of Mexico and vicinity. Since the end of the war, more than 3,000,000 cases have occurred in Russia and in Poland 200,000 persons died of typhus in 1920.

Dr. Halliday stated further:

"The case mortality ranges from 10 to 50 per cent. It is low in the young and extremely fatal in the old, slightly more fatal in males than females. All available information tends to point to the fact that the disease is more fatal among the well-to-do than among the poorer class. The lower classes, in certain parts of the world, have suffered from the disease for generations and

they have undoubtedly developed some grade of immunity.

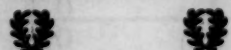
Epidemics are caused by anything which favors the propagation of and dissemination of lice, the factors of most importance being the bringing together of people of all classes, retaining these masses under conditions which render personal cleanliness and clean clothing difficult or impossible. These conditions are found in time of war and famine and are constantly present among the poor. To these conditions we must add an atmospheric temperature not too high and lowered vitality."



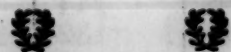
Health Examinations.

The keystone of personal hygiene is the periodic health examination. Any person who wants to learn how to live right should begin by having a human appraisal. Such an examination may show that the individual is in excellent health, which is a rather comfortable thing to know, or it may reveal physical impairments or faulty habits of hygiene. These defects and practices can thereupon usually be remedied and life made more pleasant, profitable and productive.

Recognizing the great importance of health examinations to every branch of public health work, the National Health Council has inaugurated a nationwide campaign to induce ten million persons to go to their physicians for such beneficial human inventories during the year between July 4, 1923, and July 4, 1924. The slogan is "Have a Health Examination on Your Birthday." The National Health Council is a confederation of the thirteen leading national voluntary health associations of the country, including the state health officers' conference, together with the United States Public Health Service as a consulting member. State health examination committees have been formed in practically every state to carry on this educational work. The organized medical profession has gone on record as favoring the movement and the American Medical Association has prepared standard examination forms.



"Produce great persons. The rest follows."
—Walt Whitman.



"Of physiology from top to toe I sing."
—Walt Whitman.

Top Minnows

Go on Display.

An exhibit of live top minnows (*Gambusia affinis*) used so successfully in the control of mosquitoes may now be seen through the courtesy of the California Academy of Sciences, in the Steinhart Aquarium in Golden Gate Park, San Francisco. These tiny fish are attracting much attention and their presence in the aquarium is a factor in educating the public concerning their use in the control of mosquitoes and malaria. The description of the minnows, placed beneath the exhibit, reads as follows:

Mosquito Fish.

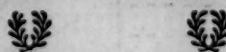
Gambusia Affinis (Baird and Gamble).

The mosquito fish or top minnow is one of our most valuable fish. It feeds almost entirely on the eggs and young of the mosquito. It is a native of the eastern and southern states, but because of its value in mosquito control it has been introduced into Panama, Hawaii, Philippines, Siam, Japan, China and India. Six hundred were introduced into California by the State Board of Health in April, 1922, and it is estimated that they have now increased to twelve millions. This exhibit was furnished by the California State Board of Health which now maintains sixteen hatcheries for these fish and are doing most effective work in connection with mosquito abatement.



MILK FOR SCHOOL CHILDREN.

People should grasp the importance of feeding milk to children. Every child should have one quart of milk each day. Those children who have milk invariably outstrip physically, mentally, and spiritually those who do not have it. This plainly means there is something in milk which makes for "health righteousness." It is indeed a great work to save children and to increase their physical, mental, moral strength and health. The wise man said: "Train up the child in the way he should go, and when he becomes a man he will not depart therefrom." This plainly refers to the physical child as well as to the moral and mental child. It is plain the public health will increase, and consumption will go down when all the schools are feeding the children as they should be fed. It has been well said: "A man is what he eats, how much he eats, and how he eats it." Give the children milk and see them grow.—Indiana Bulletin.



"Observe constantly that all things take place by change, and accustom thyself that the nature of the universe loves nothing so much as to change the things which are and to make new things like them."

—Marcus Aurelius.

MORBIDITY.***Diphtheria.**

188 cases of diphtheria have been reported, as follows: Los Angeles 73, Los Angeles County 19, San Francisco 42, Oakland 13, Mendocino County 1, Fresno County 1, Vallejo 3, Santa Paula 1, Contra Costa County 4, Santa Clara County 2, Kings County 1, El Monte 2, Redlands 1, Alameda 2, Lakeport 1, Lodi 1, Selma 2, Long Beach 1, Sacramento 4, San Gabriel 1, San Fernando 3, San Joaquin County 1, Ukiah 3, Siskiyou County 1, Colusa 1, San Luis Obispo 4.

Measles.

258 cases of measles have been reported, as follows: San Francisco 145, Monterey County 41, Fort Bragg 7, San Mateo 8, Santa Rosa 7, Eureka 14, Riverside 5, Burlingame 6, Los Angeles 2, Santa Clara County 2, Mendocino County 1, Alameda 2, Santa Cruz 3, Contra Costa County 2, Petaluma 3, Fresno County 2, Manteca 2, Kings County 1, Redondo Beach 1, Los Angeles County 1, Sacramento 1, Huntington Park 1, Hawthorne 1.

Scarlet Fever.

141 cases of scarlet fever have been reported, as follows: Los Angeles County 16, Los Angeles 32, San Francisco 10, Kings County 5, Pomona 6, San Joaquin County 7, Long Beach 5, Fresno County 5, Piedmont 5, Mendocino County 8, Richmond 1, Contra Costa County 1, Santa Cruz 1, Vallejo 3, Tehama County 1, Monterey County 1, Livermore 1, Orange County 2, Riverbank 1, Monterey Park 2, Alameda County 2, Riverside 1, Placer County 2, Watsonville 1, Tuolumne County 1, Alameda 1, Stockton 1, Burlingame 1, Sacramento 1, San Fernando 1, Whittier 3, Covina 1, Huntington Park 1, Susanville 1, Oakland 10.

Whooping Cough.

38 cases of whooping cough have been reported, as follows: Pasadena 7, Contra Costa County 8, Salinas 1, Sacramento 2, Kings-

burg 1, Eureka 2, Inglewood 1, Santa Monica 1, Lake County 4, Tehachapi 1, Los Angeles 2, Long Beach 2, San Francisco 2, Pomona 2, Glendora 2.

Smallpox.

82 cases of smallpox have been reported, as follows: Los Angeles County 31, Los Angeles 47, Redondo Beach 2, Alhambra 2.

Typhoid Fever.

17 cases of typhoid fever have been reported, as follows: San Francisco 3, Los Angeles County 2, Long Beach 2, Los Angeles 2, Riverside 2, Fresno County 1, Sutter County 1, Sacramento 1, San Joaquin County 1, California 2.

Epidemic Encephalitis.

3 cases of epidemic encephalitis have been reported, as follows: Pasadena 1, South Pasadena 1, San Luis Obispo 1.

Cerebrospinal Meningitis.

4 cases of cerebrospinal meningitis have been reported, as follows: Sacramento County 1, San Francisco 2, Fresno County 1.

Leprosy.

Los Angeles reported one case of leprosy.

Anthrax.

Petaluma reported one case of anthrax.

Poliomyelitis.

5 cases of poliomyelitis have been reported, as follows: Los Angeles 3, Los Angeles County 1, Santa Barbara 1.

Typhus Fever.

Los Angeles reported 4 cases of typhus fever.

Rabies (Human).

Los Angeles reported one case of human rabies.

*From reports received November 12th and 13th for week ending November 10th.

COMMUNICABLE DISEASE REPORTS.

Disease	1923				1922			
	Week ending			Reports for week ending Nov. 10 received by Nov. 13	Week ending			Reports for week ending Nov. 11 received by Nov. 14
	Oct. 20	Oct. 27	Nov. 3		Oct. 21	Oct. 28	Nov. 4	
Anthrax	0	0	0	1	0	0	0	0
Cerebrospinal Meningitis	0	2	5	4	2	1	1	2
Chickenpox	82	61	60	66	52	50	67	53
Diphtheria	232	229	228	188	219	227	250	134
Dysentery (Bacillary)	2	3	6	0	0	2	3	1
Epidemic Encephalitis	2	1	2	3	0	3	1	0
Gonorrhoea	138	86	134	105	136	125	229	52
Influenza	18	12	14	8	18	16	31	12
Leprosy	1	0	0	1	0	0	0	0
Malaria	6	7	3	2	7	3	8	6
Measles	217	222	314	258	22	17	10	19
Mumps	8	15	31	14	30	24	21	17
Pneumonia	52	43	46	40	59	56	84	28
Poliomyelitis	12	21	9	5	1	0	2	0
Rabies (Human)	0	0	0	1	0	0	0	0
Scarlet Fever	150	133	158	141	129	152	164	126
Smallpox	30	51	74	82	5	8	11	8
Syphilis	106	96	121	159	117	92	211	32
Tuberculosis	163	194	141	198	136	144	146	31
Typhoid Fever	23	25	25	17	30	32	17	17
Typhus Fever	2	0	0	4	1	2	0	0
Whooping Cough	20	27	28	38	50	36	37	58
Totals	1262	1228	1399	1335	1014	1000	1293	596